

SAND-BATH.

In many countries the sand-bath is given for the purpose of inducing a sweat. The patient is taken to a bed of hot sand on the margin of a stream or body of water, and is covered with the sand until he sweats freely, after which he plunges into the cool water and washes off briskly, and then dresses, feeling much invigorated, and quite relieved of any aches and pains he may previously have suffered. Some benefit may be derived from this bath in certain diseases in which it is desirable to promote depuration by the skin, yet the wet-sheet-pack, or the dry-pack, or the vapor, or hot-air-bath, will be found to confer much greater benefits.